

Take Life Easy Don't Worry, Live Long, Priest Says

WASHINGTON, Aug. 6. (By International News Service.)—If you would live beyond three score years and ten and enjoy full strength and vigor, take life easy and, above all, don't worry, says the advice of the Right Rev. James F. Mackin, pastor of St. Paul's Roman Catholic church here, who is 82 and hale and hearty. For 22 years Father Mackin has been a member of the priesthood, though as a young man he was a sailor before the mast on a New Bedford whaler and roamed the seven seas with the many varied experiences which attended such a life, including shipwreck on a desert island.

"Take life as it comes," says Father Mackin. "Never worry about anything. Don't fret because things are thus and so. Try to improve them if you can, but don't be perturbed if you don't succeed. I believe this philosophy has had much to do with my long life and good health."

It was in 1857 that Father Mackin's ship was wrecked and he was cast up on a coral reef, there to remain until rescued by a British cruiser.

Just now Father Mackin's interest is centered in the "Father Mackin Children's Playground," which he is making one of the most popular institutions in Washington.

HOW FOUR CAN LIVE ON \$35.00 A WEEK

The salary is plotted on the weekly basis, using the envelope system, and provides for four in the country suburb of New York city.

Telephone \$ 75
Milk 1.30
Rent 4.00
Insurance 1.50
Coal 2.00
Electricity 1.00
Clothes, doctors, pleasure 2.00
Commutation 1.50
Groceries 14.00

\$28.14

(No provision is made in this budget for taxes and water.)

My scheme is to have a number of envelopes each marked with its heading, each as coal, milk, etc., and let me say here that last month I put \$101 in the savings bank, the result of saving approximately \$2 each week for a year and a month. I do all my own work with the aid of an electric vacuum cleaner, electric iron, electric sewing machine, carpet sweeper, etc. My home is a six-room house. My family consists of my husband, myself and two children—a girl five, and a boy two. I work each morning from 6 o'clock until 5:30 p.m. From 5:30 to 6 o'clock I attend to my household duties, including lectures and meetings, write letters, or walk. My children are cared for in my absence by my mother, whose home adjoins ours. Each morning, when the breakfast dishes and supper dishes of the night before are washed and put away, and the kitchen floor is scrubbed, I take my dustless vacuum and go through the entire house. My bathroom is cleaned on Wednesday and Saturday. I use my vacuum cleaner twice a week on all the furniture in the house. I do the greater part of my laundry myself, and I make all the clothes my husband and myself wear. There are many women in my circumstances whose chief worry is how to get out a very small income. I can not recommend my envelope system too highly. It has lightened my household expenses 100 per cent.—July-August Good Housekeeping.

THE NEW POLITICS.

Mary Stewart, executive secretary of the women's national republican congressional committee, says in July-August Good Housekeeping:

"Politics has a bad reputation. It has earned it honestly or dishonestly. By what prodigal wastefulness the world has come to mean sordid self-seeking, crooked private and public dealing, patronage, is not our present concern. Academically speaking, politics means 'the science of government.' As the practice of government, it shows signs of newness."

After all politics is only citizenship in action. If it is bad, then it is because too many people are acting busy as citizens who have never been busy before. Thousands and tens of thousands of women all over the country, suddenly and simultaneously, are alive to their duties and opportunities as voting citizens. To be sure, all kinds of women will vote and organize and agitate, good, bad and indifferent; and all kinds will do none of these things; but the forces for good are augmented enormously. That is the thing that matters. Common sense and common justice, when active, are more potent than evil, for evil after all is less sustained in endeavor, less unified in purpose.

First among the measures for which women stand is that for maternity and infant welfare. This and many a similar measure women within parties and without have already urged and urged without having already urged and urged upon the political powers that be. To get her measures into political platform is the first duty of the new woman voter. And the second is like unto it—to get candidates elected who will write them into the budget. Men and women alike, who are thinking the new politics, are beginning to see that the best way to get the things they want is not to pledge reluctant politicians to do what they don't want to do by a threat of defeat the next time—no, not that time—no, but to elect to office the men and women who want the things they want.

WANTED NICE FUNERAL AND MIKE ARRANGED IT

DETROIT, Mich., Aug. 6. (By International News Service.)—Just before Emmanuel Domingo Peterson died he called his best friend, Mike Galanos, to his bedside and said: "Mike, I want a nice funeral. I am going to make you administrator of my estate, too."

Mike gave friend Emmanuel a "nice" funeral.

He hired a band, spent good money for photographs of friend Emmanuel's remains, bought a nice tombstone and something else—very nice.

Mike, who spent nearly \$1,000 on the funeral, more than half the amount left by his friend, was hailed to court. In court the judge asked Mike: "The give the funeral expense in detail. The last item Mike recited was 'programs, \$6.'"

"Programs?" questioned the judge, "what for?"

"Well," replied Mike, "Emmanuel wanted a nice funeral and I arranged for many nice things I thought it would be appropriate to have some programs embossed for the mourners—and then they make nice souvenirs. Emmanuel would appreciate them."

K. C. TO TAKE GIANT OLD GLORY TO FRANCE

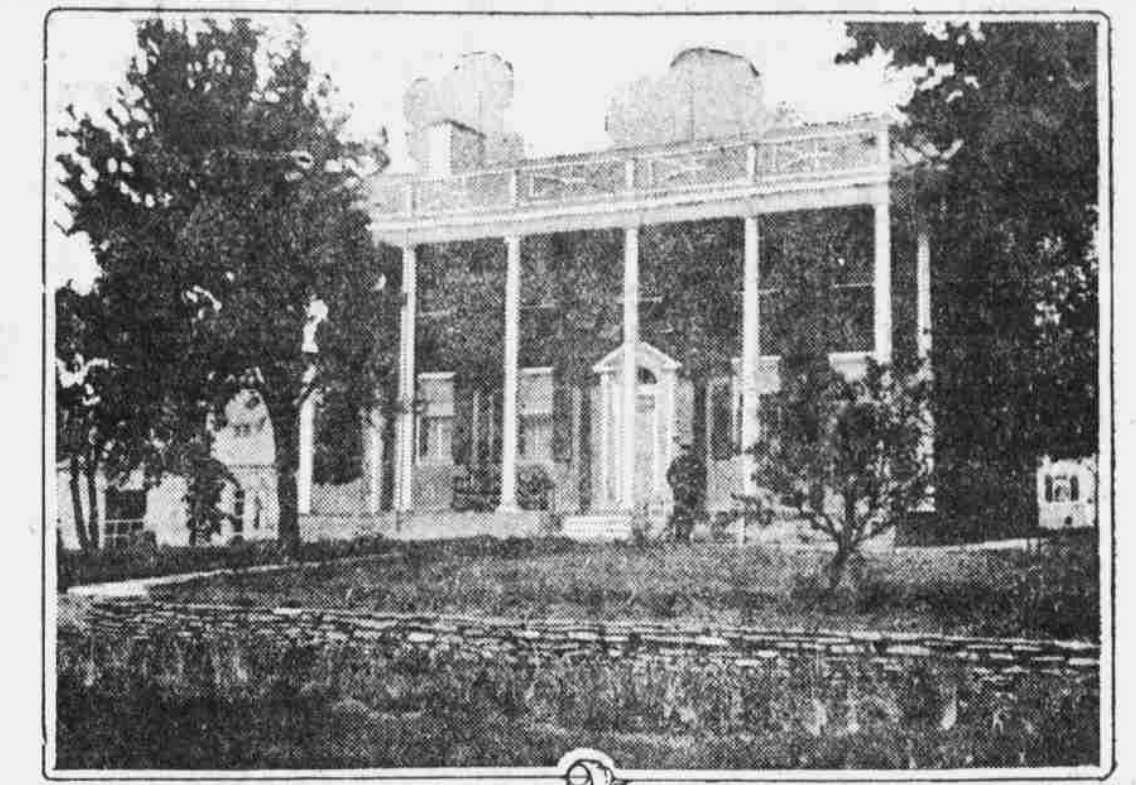
NEW YORK, Aug. 6. (By International News Service.)—The largest American flag ever flown outside the United States will be taken to France by the Knights of Columbus on their pilgrimage, which leaves New York on August 7 under the leadership of Supreme Knight Flaherty.

The flag, of silk, measures 364x464 ft. It has been lent to the Knights of Columbus by a prominent New Yorker for the unveiling of the K. of C. statue of Lafayette by Marshal Poch in Metz on August 21.

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GOV. COX MAKES SOME IMPROVEMENTS UPON OLD HOME IN OHIO TOWN IN WHICH HE WAS BORN



Birthplace of Governor Cox at Jacksonburg, Ohio.

Governor Cox recently purchased and made extensive repairs on the farm house at Jacksonburg, Ohio, in which he was born. Photo shows the building as it looks today. The tall pillars in front are among the improvements made on the house by the governor.

NEW YORK OUT FOR FASHION LEADERSHIP

NEW YORK, Aug. 6. (By International News Service.)—That Fifth avenue is in the ring to make New York surpass Paris in the country of fashion was evidenced here when twenty-five leading couturiers exhibited their latest designs at the National Fashion Show of the National Garment Retailers' association.

TRUE GHOST STORIES.

Have you ever upon entering a house, been affected by the atmosphere of gloom which surrounded everything? Have you been oppressed by a feeling of shadowy unhappiness which you could not shake off?

Constance, who has been for some time past turning his attention to the study of trustworthy psychic experiences, brings to light in his story of "The Woman Who Prayed," in Hearst's for August.

"There is nothing more wonderful, more incredible, and, at the same time, as it seems to me, more certain," says Constance, "than that past events may leave a record upon our surroundings which is capable of making itself felt, heard, or seen for a long time afterward."

"I do not know a better case than the which is recorded by the late Miss Goodrich-Preer, a lady who combined a steady nerve and cool judgment with a temperament which was conservative to the point of incredulity. She slept in a room in Hampton Court palace which had a record of haunting."

"It was a small bedroom without curtains, with an open door close to the bed. She was awakened by a sound of movement."

"It was quite dark and some detaining force seemed to prevent her from reaching for the matches."

"Suddenly there appeared a soft point of light in the room, which glowed and spread, until it became the figure of a tall woman, moving slowly across the room."

"She raised her thin white hands, sank upon her knees, buried her face in the palms, and appeared to pray. Then the light went out and the scene was over."

"Granting the fact, and there is no sane alternative but to grant it, we can not conceive that this unfortunate woman has really, for a century or more, occupied herself in walking across a room in which some great trouble may have befallen her in her earth life. From her appearance one would judge that she was more sincere against sinning. Why, then, should any just dispensation condemn her to so strange, monotonous, and useless a fate?"

"If we conceive, however, that it is some shadow of herself which was detached in old days of trouble and still lingers, then certainly the matter becomes more clear. If she herself is 'The Captive Lady' and the 'Man with the Powdered Hair.'"

SMITH BARRED.

Pitcher Art Smith, late of the Rockford team, who struck Umpire Scully Jones in the face and broke his nose, departed on a late train for the West and won't be heard from in organized baseball again if the threat of league suspension is its way. Other Rockford players say they are glad he is gone, allying that he was a constant source of trouble and discord on the team.

TO DRIVE OUT MALARIA AND BUILD UP THE SYSTEM.

Take the Old Standard GROWN'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out the malarial, the Iron builds up the system, etc. adv.

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THE LONG-TRODDEN PATH.

Love is not dead. We have cherished it too long. We have planted it too deep. The roots and branches spread in earth and air song. Love has a word to keep, A word to tell. Yes, that is all. I know behind the fume of this poor difference Love waits, nor grieves too much. Have we been satisfied? Too sure an eloquence For death to touch. Too long a date Has love between us piled For that long-trodden path To wear in woods or rain. Too long in love's debate. Too long in love's debate. For jealousies of wrath To blind the brain. —John Drinkwater in Hearst's for August.

INDIANS ARE BEATEN.

CLEVELAND, Ohio, Aug. 5.—Washington wound up its series here by winning 11 to 3, thus breaking even in the present series. Morton pitched great ball until the sixth inning, when with two out, he weakened, allowing four runs. Joe Wood, who had pitched the two-thirds of an inning since 1917, then tried to stage a come back, but lacked control. Home runs by Speaker and Smith drove in Cleveland's runs. Today is an off day here, the game scheduled with Philadelphia having been played May 25.

WANTS BOYS SAVED FROM SILLY GIRLS

ANN ARBOR, Mich., Aug. 6. (By International News Service.)—"One of the most potent factors for ill in the future race lies in the silly girls," declared Dean Victor C. Vaughan, of the University of Michigan Medical school, in a lecture to summer school students recently.

A society ought to be formed for the protection of our boys from silly girls. The silly girl is the girl of sweet sixteen, who never gets beyond that age. She is the clinging vine type, and will cling to any man, no matter how worthless he is. Dean Vaughan spoke on heredity and environment.

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SHOULD FAIRY TALES BE ABOLISHED FOREVER

"Some educationalists are proposing the abolition of fairy tales—a proposal that will distress all lovers of truth!" says G. K. Chesterton in the August issue of Hearst's Magazine. Beginning with "The story of Cinderella is a poem in praise of punctuality," he lures the unsuspecting reader into a mathematical consideration of beans versus an imaginative conception of beanstalks sufficient to reach to the moon, the purpose and end of which is to deplore the "vague appetite for beans" which "is all the progressive person of today demands or has a taste for."

Mr. Chesterton suggests that "just as school children are given exercises and extracts to be translated from English into French or from English into Latin, they should be given extracts to translate from English into plain English." "And if you attempt," he says, "to substitute any longer or more learned words for those short words, the picture instead of becoming sharper and more detailed, will in fact, become more shapeless and unconvincing."

Passing from the case of the children to the "mature person," Mr. Chesterton deplores our labyrinthine efforts at expression. "Most of the remarks a highly modern and mature person makes, in conversation or print, are more or less inconsequent and incomprehensible, because he used many more words than he needs and above all, because he uses them not so much to express his meaning as to find out what his meaning is. He is generally thinking, not of some actual thing, but of a thin string of association connecting a number of things which very often have nothing to do with each other or with the matter under discussion."

BROWER NO KID.

Frank Brower, Reading's home run hitter, for whom several major clubs have been angling, has had two major trials already. The St. Louis Cardinals dug him out of college along in 1915, but he didn't show symptoms of being big, so was sent to a minor league club. The next year the Phillies gave him a trial, and also sent him back. Later he joined the navy.

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